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# FOOD MAKES THE DIFFERENCE

## Ideas For Economy-Minded Families

### TO HELP KEEP YOUR FAMILY WELL FED AND HEALTHY...

1. Try to have everyone eat some foods from each of these four groups every day.
    - Milk and foods made from milk.
    - Meat and poultry, fish, eggs, dry beans and peas, peanut butter.
    - Vegetables and fruit.
    - Breads and cereals that are whole grain or marked "enriched."
  2. Try to give each person the number of helpings shown on "Daily Food Guide," FNS 13.
  3. To round out meals, use
    - Extra helpings of economical foods from the four groups, such as dry beans, potatoes, and breads and cereals.
    - Other foods not in the groups.
- \* The "Daily Food Guide" shows pictures of some thrifty choices from the four food groups on one side and amounts of foods to try to serve each day on the other side.

### LOOK FOR THESE MEAL AND SHOPPING IDEAS...

- Page 2 shows 1 week's meals that you might serve.
- Page 3 shows the kinds and amounts of foods needed to prepare the week's meals for a family of four and for a family of six.
- Page 4 lists foods that are usually good buys in each group.



# IDEAS FOR ONE WEEK'S MEALS

	MORNING	NOON	EVENING
S	Oranges, quartered Pancakes Sirup Milk for children	Stewed chicken* Mashed potatoes Green Beans Bread      Margarine Milk for children	Baked beans Apple Spice cake Cocoa
M	Oranges, quartered Oatmeal or Grits Milk Toast or Bread Margarine	Peanut butter and Applebutter sandwiches Raw carrots Spice cake Milk	Creamed chicken Rice      Cabbage salad Bread      Margarine Peaches Milk for children
T	Peaches Ready-to-eat cereal Milk Cinnamon toast or Bread	Hard-cooked egg sandwiches Banana or Apple Graham crackers Milk	Chili con carne* Potato salad Biscuits      Applesauce Milk for children
W	Applesauce Oatmeal or Grits Milk Biscuits Margarine      Jelly Milk for children	Frankfurter-bean soup* Crackers Potato salad Lemonade	Frankfurters Spinach or other greens Hash-browned potatoes Bread      Margarine Peanut butter cookies Milk
T	Juice Ready-to-eat cereal Milk Cinnamon toast or Bread	Potato and onion soup Crackers Hard-cooked egg Banana Milk	Fried liver and onions* Mashed potatoes Stewed tomatoes Bread      Margarine Peanut butter cookies Milk
F	Juice Oatmeal or Grits Milk Toast or Bread Jelly	Cheese sandwiches Raw carrot Graham crackers Milk	Oven fried fish fillet* Baked potatoes      Cole Slaw Cornbread      Margarine Apple pie Milk for children
S	Juice Eggs, fried or scrambled Potato cakes Toast or Bread Jelly	Bologna sandwiches Apple pie Milk	Macaroni and cheese* Kale or other greens Carrot strips Bread      Applebutter Graham crackers Milk for children

NOTE: Adults may want coffee or tea at two meals. If milk is served as a drink, adults and children under 9 years get  $\frac{3}{4}$  cup and boys and girls 9 to 20 years get 1 cup. At least one-half of the milk used is made from nonfat dry milk.

\* Recipes from "Money Saving Main Dishes," Home and Garden Bulletin No. 43. Order from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.



# FOOD USED IN THE WEEK'S MEALS

Amount for family of—  
4 persons      6 persons

## MILK GROUP

Nonfat dry milk . . . . .	1½ lbs.	3 lbs.
Whole fluid milk . . . . .	3 half-gals.	6 half-gals.
Cheese, processed . . . . .	1 lb.	2 lbs.

## MEAT GROUP

Ground beef . . . . .	½ lb.	¾ lb.
Frankfurters . . . . .	1 lb.	1½ lbs.
Bologna . . . . .	½ lb.	¾ lb.
Beef liver . . . . .	1 lb.	1½ lbs.
Chicken, ready-to-cook . .	3 lbs.	4½ lbs.
Fish fillet . . . . .	1 lb.	1½ lbs.
Eggs . . . . .	2 doz.	3 doz.
Kidney beans, dry . . . . .	½ lb.	¾ lb.
Navy beans, dry . . . . .	½ lb.	¾ lb.
Peanut butter . . . . .	½ lb.	1 lb.
Pork & beans . . . . .	28-oz. can	52-oz. can

## BREAD-CEREAL GROUP

Flour, all purpose . . . . .	2 lbs.	3 lbs.
Cake mix, spice . . . . .	18 oz.	18 oz.*
Cereal, ready-to-eat . . .	12-oz. pkg.	18-oz. pkg.
Rolled oats or grits . . .	1 lb.	1½ lbs.
Cornmeal . . . . .	4 oz.	6 oz.
Rice . . . . .	½ lb.	¾ lb.
Macaroni . . . . .	4 oz.	6 oz.
Bread, white (1½ lb. loaves) . . . . .	6	9
Crackers . . . . .	1½ lbs.	2 lbs.
Graham crackers . . . . .	1 lb.	2 lbs.*

\* Families of six would use the whole cake on Sunday, and use graham crackers for lunch on Monday.

Amount for family of—  
4 persons      6 persons

## VEGETABLE-FRUIT GROUP

Fresh:

Apples . . . . .	4 lbs.	6 lbs.
Bananas . . . . .	2 lbs.	3 lbs.
Oranges . . . . .	6	9
Cabbage . . . . .	2 lbs.	3 lbs.
Carrots . . . . .	1½ lbs.	2¼ lbs.
Green peppers . . . . .	1	2
Onions . . . . .	1 lb.	1½ lbs.
Potatoes . . . . .	12 lbs.	18 lbs.

Canned:

Juice (tomato, orange, or grapefruit) . . . . .	46-oz. can	3 46-oz. cans
Applesauce . . . . .	29-oz. can	29-oz. can*
Peaches, cling . . . . .	29-oz. can	29-oz. can*
Green beans . . . . .	16-oz. can	28-oz. can
Tomatoes . . . . .	2 16-oz. cans	2 28-oz. cans
Spinach, other greens . .	2 15-oz. cans	2 27-oz. cans

\* Families of six would use the whole can of peaches and applesauce for evening meals on Monday and Tuesday, and use juice for Tuesday and Wednesday breakfast.

## OTHER FOODS

Margarine . . . . .	1 lb.	1½ lbs.	Sirup . . . . .	6 fl. oz.	8 fl. oz.
Lard, shortening . . . . .	1½ lbs.	2½ lbs.	Lemonade, frozen . . . . .	6-oz. can	12-oz. can
Salad dressing . . . . .	¼ pt.	¼ pt.	Coffee . . . . .	¾ lb.	¾ lb.
Sugar, granulated . . . . .	1½ lbs.	2 lbs.	Tea . . . . .	—	—
Sugar, brown . . . . .	¼ lb.	½ lb.	Baking powder, spices, seasoning . . . . .	—	—
Jelly . . . . .	8 oz.	12 oz.			
Applebutter . . . . .	16 oz.	22 oz.			

# CHOOSE FROM THESE FOODS MOST OF THE TIME . . .

. . . to get the foods your family needs economically. These are usually among the best buys in the food groups. Use any other foods that you produce at home, get free, or can buy for no more than the foods on this list.

## MILK GROUP

Nonfat dry milk  
Fluid milk  
Evaporated milk

Cheese, processed  
Cottage cheese

## MEAT GROUP

Try to use in each day's meals—

**1 or more helpings from these:**

Dry beans	Eggs
Dry peas	Peanut butter

**1 small helping\* of meat, poultry, or fish, such as:**

Hamburger	Bologna
Pork shoulder	Frankfurters
Liver (beef, pork, lamb)	Chicken, turkey
	Fish (many kinds)

\*To make meat go further, use in dishes with less expensive foods — macaroni, noodles, rice, potatoes.

## BREAD-CEREALS GROUP

Use "enriched" products when possible.

White enriched bread	Grits
Whole wheat bread	Some ready-to-eat cereals
Crackers	Rice
Flour	Macaroni
Cornmeal	Spaghetti
Farina	Noodles
Oatmeal	

## VEGETABLE-FRUIT GROUP

Try to use some of these at each meal for color, food value, and variety.

For important vitamins:

Cabbage  
Carrots  
Potatoes  
Sauerkraut  
Pumpkin, canned  
Spinach, canned  
Tomatoes, canned  
Tomato juice, canned  
Oranges  
Grapefruit  
Citrus juices, canned or frozen

For added variety:

Celery  
Turnips  
Beets, canned  
Corn, canned  
Green beans, canned  
Peas, canned  
Apples  
Bananas  
Applesauce, canned  
Cling peaches, canned

**NOTE:**

At times, some **fresh** vegetables and fruits, such as greens, tomatoes, corn, and peaches, may cost less than **canned**. Sometimes berries and melons may be good buys, too.

## OTHER FOODS

Lard  
Vegetable shortening  
Salad oil  
Margarine

Sugar  
Corn sirup

Jelly  
Apple butter

Coffee  
Tea  
Cocoa

Salt  
Pepper  
Other seasonings

## FOODS LIKELY TO INCREASE YOUR FOOD COSTS:

Cream, ice cream, cream cheese, and specialty cheeses; many ready-prepared dishes; choice cuts of meats; cookies, cakes, pies, buns that are ready-made or ready-to-bake, snack foods, such as potato or corn or cheese chips or puffs; and soft drinks.